



1. The sermon argues that most relationship conflict is “the thing behind the thing.” What do you think that means? Where have you seen small issues actually reveal something deeper underneath?
2. “Connection begins where self-protection ends.” Why is self-protection such a natural instinct in relationships? What does it practically look like to lower your guard instead of defending your position?
3. The message describes relationships slowly drifting from “partners” into “roommates.” What causes that drift? Why does it usually happen gradually instead of suddenly?
4. Paul’s command in Ephesians 5:21 is: “Submit to one another out of reverence for Christ.” How is mutual submission different from passivity, weakness, or losing your voice?
5. The sermon explains that the Greek word ὑποτάσσω (hypotassō) describes voluntarily positioning yourself underneath another person rather than forced domination. How does that shift the emotional feel of the passage for you?
6. The message says healthy relationships are built by “two people learning how to move toward one another in humility, sacrifice, and love.” What makes moving toward someone difficult during conflict?
7. The sermon says mutual submission is not about “pretending both people are identical at everything,” but about removing the constant fight for position. Where do power struggles most commonly show up in relationships?
8. “Pause before reacting. Pause before defending yourself.” How might slowing down change the direction of conflict in marriage, friendships, family, or work relationships?
9. The message reframes leadership in marriage through the example of Jesus: humility, sacrifice, gentleness, and love rather than coercion or control. Why do you think people often confuse leadership with power?
10. 10. The sermon describes marriage as “a submission competition.” What do you think that phrase means? What do you think that phrase gets right about long-term relationships? Where do you resist that idea most personally?